



The Lutheran Urban Ministry  
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**“Reconciliation is getting to know one another”, Mary Simon, Governor General: National Post, July 26, 2021**

## September 2023 News from your Ministry Manager

**Back to School!** That fall feeling of new beginnings! Thanks to all for the school supply donations!

**Our *Going the Distance for the Urban* fundraiser on September 16<sup>th</sup> was a wonderful day.** Thank you so much to the volunteers, the eight teams and participants, and to those who donated to them for the Urban. Online donations will be possible until October 31. Link is also on our website.

<https://www.canadahelps.org/en/charities/lutheran-urban-ministry-corporation/p2p/2023Going-the-Distance/>

**Our Mental Wellness Sharing Circles** with facilitators from the Canadian Mental Health Association Manitoba/Winnipeg will take place the first week of each month during our Wednesday Men’s Lunch/Sharing Circle, our Wednesday Women’s Sharing Circle and our Thursday Co-ed Sharing Circle – from September 2023 to April 2024. The topics will include anxiety, depression, managing stress, self-compassion and self-esteem, establishing boundaries, adapting to change, and a wellness toolkit. I really encourage MNO congregation members to drop in and sit with us in our circles – great discussions and fellowship.

**Sunday Worship Service:** door opens at 1:00 p.m. with coffee/tea. Worship service 1:30 – 2:15 p.m.

### ***Men’s Lunch/Sharing Circle every Wednesday - Downstairs at Noon***

Please stop by at 12:00 p.m. Noon (*ring the doorbell*) for lunch and great fellowship and conversation!

### ***Women’s Sharing Circle every Wednesday at 2:00 p.m.*** (until 3:30 p.m.)

Please arrive at 2:00 p.m. (*ring the doorbell*) for coffee/tea/dessert and great fellowship and conversation!

### ***Women’s Drop-in every Wednesday from 4:00 – 5:30 p.m.***

Please stop by (*ring the doorbell*) for coffee/tea/cookies and visiting together! Kids & grandkids welcome to come with you and we have colouring and arts and crafts to keep them busy.

### ***Co-ed Sharing Circle every Thursday at 4:30 p.m.*** (please arrive at 4:30 p.m.)

Please stop by at 4:30 (*ring the doorbell*) for great fellowship and conversation! And coffee/tea/dessert.

Kind regards,  
Rhonda Gorham,  
Ministry Manager, Lutheran Urban Ministry Corp.

We welcome all because God welcomes all, regardless of age, ability, health, ethnicity, gender identity, gender expressions, language, sexual orientation, life circumstances, marital status, race, or anything else which sometimes divides us. The Urban is committed to racial equity. We welcome diversity and uniqueness. Our unity is in Christ, whose grace is freely given to all. All are welcome. The Lutheran Urban Ministry Corp. is a member of Reconciling Works – Lutherans for Full Participation [www.reconcilingworks.org](http://www.reconcilingworks.org)